



**NORTH DAKOTA**  
DEPARTMENT *of* HEALTH

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## NEWS RELEASE

For Immediate Release:  
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### **North Dakota Department of Health Announces First Probable Case of H1N1 Influenza in North Dakota**

BISMARCK, N.D. – The North Dakota Department of Health today announced that a lab specimen from a North Dakota patient will be submitted to the U.S. Centers for Disease Control and Prevention (CDC) to be tested for the H1N1 influenza virus, also referred to as swine flu.

The individual is a resident of Burleigh County and is staying home in self-isolation while recovering.

The North Dakota Department of Health is characterizing the case as “probable” – meaning that the lab has confirmed the virus as type A influenza, but the strain cannot be identified using lab tests available to the Department of Health. Additional testing by CDC will be needed to determine if the individual has the new strain of influenza that is affecting the United States, Mexico, Canada and other countries. Results can take anywhere from one to two weeks.

“This new virus has been spreading across the country, so it is not unexpected that we might have a case in North Dakota,” said State Epidemiologist Kirby Kruger. “This virus seems to be behaving much like seasonal influenza; therefore, people should be taking the precautions they normally would to limit the spread of this flu virus.”

The Department of Health offers these recommendations:

- As always, if you are sick, stay home from work or school to avoid spreading the infection to others.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

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- Avoid close contact with people who are coughing or otherwise appear ill.
- Avoid touching your eyes, nose and mouth. Germs often are spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
- Wash your hands frequently.
- Contact your doctor if you are experiencing cough, fever and fatigue, possibly along with diarrhea and vomiting.

“Following these simple guidelines can drastically reduce the spread of disease,” said Kruger. “These are the best tools we have to protect ourselves and our families from this virus.”

Information about H1N1, including case information for North Dakota, can be found at [www.ndhealth.gov](http://www.ndhealth.gov). A news release will be issued as soon as test results are received from the CDC. For more information, the media can contact Kirby Kruger, state epidemiologist, at 701.220.0819.

***Note to the Media: The North Dakota Department of Health has developed a policy for release of information regarding North Dakota H1N1 cases. You can view this policy at [www.ndhan.gov/media/](http://www.ndhan.gov/media/).***

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*Please note: To access archived news releases and other information, visit the North Dakota Department of Health Press Room at [www.nddohpressroom.gov](http://www.nddohpressroom.gov).*